

## Instruction **Magnetic Vitalizing Adobe (MVA detox)**, frequency enhanced



### For mixing of MVA detox you need:

1. You need a mixing bowl
2. Distilled Water (70cc/ml)
3. Magnetic Vitalizing Adobe in the plastic bag
4. One 20 ml bottle frequency enhancer
5. Drinking glass
6. Measurement spoon is included and is specially custom made for exact 3 gram (1 level spoonful)



### For optimal effect, drink 2x a day **BEFORE** the Green Smoothie and or the meal:

1. Put 70cc/ml distilled water(2) in mixing bowl (1)
2. Add 1 level spoon MVA (3)
3. Add 3 drops of the frequency enhancer (4)
4. Shake the mixing bowl well
5. Pour into your glass (5) and drink immediately

**Dosage intake:** as indicated by your [Test](#) or for more info see [Magnetic Vitalizing Adobe](#)

### PH balance:

For optimal effect, we suggest also using PH balance in combination with MVA. Take 1 glass of distilled water (about 200cc) and add 2 drops of PH balance. **Drink sip by sip AFTER** each meal, **2 times a day** if necessary or as is indicated in your Self-Care plan. Stir only with plastic spoon.

### Note:

Keep PH balance out of reach of children and **ALWAYS** dilute PH balance with distilled water.



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